



2015 Adult Mental Health Conference: Promoting Health, Wellness & Recovery

October 6th - 9:15 AM - 4:30 PM
(Registration starts at 8:30 AM)

Lake Morey Resort
1 Clubhouse Road - Fairlee, VT

The Department of Mental Health would like to invite peers (individuals with the lived experience of mental health conditions), family members, hospital and community mental health providers, advocates, law enforcement, and interested stakeholders to a one-day conference focused on promoting the health, wellness and recovery of individuals who receive support from Vermont's adult mental health system. Participants will gain a working knowledge of how hospitals, designated agencies, and other peer, family and community organizations are implementing new innovations to support individuals in need of mental health support and treatment.

Conference Information

The conference will consist of both morning and afternoon sessions with keynote presentations for both sessions. Our keynote presentation in the morning will be *How Vermont Taught the World About Rehabilitation and Recovery in People Coping with Severe and Persistent Psychiatric Disabilities* by Courtenay Harding, PhD.

Courtenay Harding, PhD - Professor of Psychiatry and Rehabilitation and international consultant on implementing recovery practices, program evaluations, public policy, and research. She is the recipient of more than 46 awards and honors, and has published extensively about schizophrenia, rehabilitation, and recovery.

Our afternoon presentation will be *Motivating and Helping Smokers with Psychiatric or Alcohol/Drug Problems to Stop Smoking* by Dr. John Hughes.

Dr. John Hughes - Professor of Psychiatry and Psychological Science at the University of Vermont, conducts clinical studies on tobacco cessation. He has published over 400 articles on tobacco cessation, as well as alcohol and drug dependency, and is ranked as one of the ten most-cited tobacco researchers in the world.

Workshop Information - Morning Session

Implementing the Zero Suicide Model in Vermont - *Dr. Jaskanwar Batra, Medical Director, Department of Mental Health; Steve Broer, Psy.D., Director, Behavioral Health Services, Northwestern Counseling and Support Services and Beth Holden, LCMHC, LADC, Associate Director, Howard Center*

Vermont loses over a 100 people to death by suicide every year. By all measures it is a public health crisis. What can we do about this? The National Action Alliance for Suicide Prevention has put together a framework for suicide prevention. It relies on a partnership with various healthcare providers from screening to providing state-of-the-art care. Workshop participants will have the opportunity to discuss the magnitude of the problem, review the framework of Zero Suicide and learn from each of the two sites where the Zero Suicide approach is being implemented in their communities. Vermont has learned from other regions that with a coordinated approach, deaths by suicide can be prevented. We are confident that Vermont can accomplish that goal with the Zero Suicide approach.

Applying Recovery Principles to Practice - *Panel presentation featuring Vermont providers and Courtenay Harding, PhD.*

This workshop will feature a facilitated discussion among panel members and the audience about the key concepts and principles of "recovery" and how they can be applied to the services and supports that we provide in the mental health system. Participants of this workshop will be encouraged to share specific examples of how the concept of recovery influences the day-to-day work that they do and how the programs they work in are evolving.

Law Enforcement and Mental Health Collaboration - *Panel presentation featuring Vermont law enforcement and mental health professionals*

This workshop will feature a panel of law enforcement and mental health professionals to discuss success stories of their collaborative efforts as well as continued road blocks to effective joint outreach efforts to improve how law enforcement interacts with individuals experiencing psychiatric distress.

Six Core Strategies®: Establishing a Culture of Care that is Trauma-informed, Recovery and Resiliency Oriented to Reduce the Use of Seclusion and Restraint - *Jeff Rothenberg, CEO, Vermont Psychiatric Care Hospital; Lesa Cathcart, Rutland Regional Medical Center; Katharine Monje and Heidi Guevin, UVM Medical Center; Bill Marrapese, Brattleboro Retreat*

The Vermont Department of Mental Health has partnered with the Vermont Cooperative for Practice Improvement and Innovation (VCPI) to implement a practice improvement initiative aimed at reducing seclusion and restraint in Vermont hospitals and promoting trauma-informed care, recovery, consumer-driven care and resiliency. Hospitals will share their approaches, learning, and facility strengths and needs specific to achieving successful culture change and implementation of practices that promote trauma-informed, recovery and resiliency orientated care.

Workshop Information - *Morning Session Continued*

Supporting Young Adults: Why the Unconventional Works - *Nick Parrish, Wellness Co-op and Will Eberle; Another Way*

This workshop will present the keys to successfully connecting with young adults and other hard-to-reach populations such as individuals grappling with co-occurring issues. With funding from a 5-year federal grant, the Wellness Co-op in Burlington and Another Way in Montpelier have worked creatively, patiently and outside the box to support young adults whose needs have not been fully met by other available services. A portion of this workshop will feature a video created by these two programs that reveals the very powerful and moving stories of individuals whose lives have been uplifted by these programs. Program staff will follow the video with a discussion of the services and supports they provide (including peer-to-peer employment services) and a presentation of the programs' latest outcomes data. Attendees will have ample opportunities for questions and discussion about supporting young adults.

Peri-natal Mood and Anxiety Disorders: A Public Health Crisis and Call to Action -

Sandra Wood, APRN, CNM, Psychiatric Mental Health Nurse Practitioner, UVM College of Medicine, Breena Holmes, MD, Director of Maternal Child Health, Vermont Department of Health, Ilisa Stahlberg, MA, Deputy Director Maternal Child Health, Vermont Department of Health

Studies have shown that depression is common among pregnant women, following birth, and in the first year following birth. Depression in pregnancy carries risks for the health of the mother and the child. Mothers with depression experience worse health than those without depression, and the effects on the infants range from physical health to psychological and behavioral challenges. The Nurse Family Partnership (NFP) is a nurse home visiting program for first-time, Medicaid eligible mothers. The Vermont Department of Health offers the program in partnership with local Home Health offices across the state. When nurses found that 50% of NFP participants screen positive on the PHQ9 depression screen, VDH partnered with a UVM psychiatric nurse practitioner and launched a follow-up referral process to link these women to appropriate services.

Come learn about the prevalence of peri-natal depression and what can be done to intervene and provide treatment.

Workshop Information - Afternoon Session

Transforming Systems: Engagement and Support of Young Adults with Early Psychosis - *Dr. Nev Jones, Stanford University*

Following on the heels of NIMH's influential *Recovery After Initial Schizophrenia Episode* (RAISE) initiative, early interventions for psychosis have emerged as a key player in both national and regional mental health service and systems reform efforts. Over the next year, Vermont will be developing its own plan for improving outcomes among young adults with recent onset psychosis. Beginning with an overview of team-based early intervention models and the rationale behind them, this presentation will also cover broader and more systems-oriented ways of improving outcomes for young adults, including educational attainment and community integration.

Health Coaching to Prevent Chronic Disease -*J Batra, MD, Department of Mental Health, Mary Moulton, Executive Director, Washington County Mental Health Services, Gretchen Pembroke, Clara Martin Center*

This workshop will address the question, "Why should we focus on whole health when our expertise is in mental health?" It will also explore the morbidity profile for those with chronic mental illness and discuss examples of how Vermont's community mental health centers are dealing with this challenge. The workshop will conclude with a discussion of what else Vermont providers can do and the outcomes we should focus on in a whole health approach.

Evolving the System: Opening New Possibilities through Dialogue, Meaning and Relationship - *Patricia Singer, Adult Mental Health Operations Director, Department of Mental Health, Alexander Smith, Counseling Service of Addison County, Sandra Steinguard, Howard Center and Malaika Puffer, Health Care and Rehabilitation Services of Southeastern Vermont*

There are people in Vermont - clinicians, administrators, individuals and families with lived experience - who have been thinking of ways to enhance our work with individuals and families that seek mental health services. We draw from training and experience from multiple places: Intentional Peer Support, Dialogic Practice such as Open Dialogue, the Recovery Movement, and the Hearing Voices Movement. We believe there are important common values, including a deep respect for the individual, an expectation of recovery, and an emphasis on strengthening interpersonal connectedness through dialogue and understanding.

Please join us in this workshop which will have three goals:

- * Allow for a space to have a conversation about these approaches and ways in which we are using them in Vermont.
- * Model a meeting based on the dialogic principles of Open Dialogue.
- * Think about ways that we can continue to work together.

Workshop Information - *Afternoon Session Continued*

A Screening, Referral and Follow-up Pilot Addressing Toxic Stress in Primary Care Practice – *Margaret Joyal, MA, Outpatient Program Director, Washington County Mental Health Services and Clinical Staff from Barre Integrative Medicine*

It is widely known that untreated early childhood trauma results in poor health outcomes and risky behaviors later in life. Medical staff at Barre Integrative Medicine worked with staff from Washington County Mental Health Services, the Department of Mental Health, the Department of Health and the Vermont Cooperative for Practice Improvement & Innovation to design a screening and referral protocol to help these patients.

The inter-agency team that has implemented the protocol will provide the screening instrument, screening and referral protocol, early data from the project and discuss issues ranging from practitioner and patient engagement to electronic health records and follow-up with patients.

Developing and Supporting Peer Services in Vermont - *Wellness Workforce Coalition*

This workshop will feature a panel of peer service providers exploring how the landscape of peer services are evolving and expanding in Vermont. Attendees will learn about the Wellness Workforce Coalition, and how it is facilitating a collaboration between peer-run organizations and peer services being provided in professional mental health agencies. In addition, with panelists working in peer-run organizations and designated mental health agencies, attendees will be part of a discussion about where peer support services are heading in Vermont.

How Language Can Support the Process of Recovery - *Rachel Kling and Jackie Leman, Howard Center*

This workshop will explore Borderline Personality and how stigmatizing language and attitudes affect the relationship between client and clinician, and how such language impacts recovery. The workshop presenters will discuss their own experiences as both clients and service providers of the mental health system and how those experiences speak to the power of language and its relationship to the process of healing and recovery.

Registration Deadline: Friday, September 18, 2015

Registration

We want to make the process as easy as possible therefore you may pay with one check for a group registration, but you will need to complete a separate registration form for each individual attending.

First Name

Last Name

Organization

Street Address

Address Line 2

City

State

Zip Code

E-mail

Phone Number

Workshops Selections

Please select one workshop for the morning session and one for the afternoon session:

Morning Session (11:00 AM - 12:30 PM)

Implementing the Zero Suicide Model in Vermont

Applying Recovery Principles to Practice

Law Enforcement and Mental Health Collaboration

Six Core Strategies©: Establishing a Culture of Care that is Trauma-informed, Recovery and Resiliency Oriented to Reduce the Use of Seclusion and Restraint

Supporting Young Adults: Why the Unconventional Works

Peri-natal Mood and Anxiety Disorders: A Public Health Crisis and Call to Action

Afternoon Session (3:00 PM - 4:30 PM)

Transforming Systems: Engagement and Support of Young Adults with Early Psychosis

Health Coaching to Prevent Chronic Disease

Evolving the System: Opening New Possibilities through Dialogue, Meaning and Relationship

A Screening, Referral and Follow-up Pilot Addressing Toxic Stress in Primary Care Practice

Developing and Supporting Peer Services in Vermont

How Language Can Support the Process of Recovery

Special Accommodations

Please indicate if you need any special accommodations:

Yes

If yes, what type of accommodation?

Meals

Continental breakfast, lunch and afternoon break included.

Dietary Needs:

Vegetarian Meals

Non-Vegetarian Meals

Gluten-Free

Vendors

A limited number of vendor tables will be available and require pre-approval. Please call Jen Rowell at 802-828-3867 for more information.

Registration Fee

I am enclosing my fee for \$35 (Please make checks payable to: Department of Mental Health)

Group registration: If paying for multiple registrations with one check, *please complete a form for each registrant and indicate check number below.*

Scholarships

Request for Scholarship:

Please check the box to indicate that you are requesting a scholarship (Scholarships for consumers and family members will be available based on need).

Registrations forms may be emailed to: Jennifer.Rowell@vermont.gov; however, a copy of the registration **MUST** be provided with payment and sent to the following address:

Jen Rowell, Department of Mental Health, 26 Terrace Street, Montpelier, VT 05609-1101.

Overnight Rooms

Overnight Rooms are available for a discounted rate of \$99 until September 5th. After that date, reservations with discounted rates will be based on availability. Lake Morey cancellation policies will apply. *For reservations call:* (800) 423-1211.

Directions

Click [here](#) for questions or directions to Lake Morey Resort in Fairlee, VT.

Cancellation Policy

Full refunds will ONLY be issued if the cancellation notification is given prior to September 23rd. After that date, substitution for registration will be accepted until October 2nd.

Thank you for registering to attend the Department of Mental Health 2015 Adult Mental Health Conference: Promoting Health, Wellness & Recovery.

If you have any questions about this registration, please call 1-802-828-3867.